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**ABERYSTWYTH
RURAL DISTRICT COUNCIL**

Annual Reports

OF THE

Medical Officers of Health

FOR THE

Northern and Southern Divisions

of the Aberystwyth Rural District

for the Year

1 9 3 8

WESTMINSTER PRESS
GREAT DARKGATE STREET . . . ABERYSTWYTH



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ANNUAL REPORT
OF THE
MEDICAL OFFICER OF HEALTH
FOR THE
NORTHERN DIVISION
OF THE
ABERYSTWYTH RURAL DISTRICT
FOR THE YEAR 1938

GENTLEMEN,

I have the honour to submit the annual report upon the vital statistics and sanitary conditions of the Northern Division of the Rural District of Aberystwyth for the year 1938.

AREA.—79,151 acres.

POPULATION.—1931 Census : 6,871.

1938 : Registrar General's Estimate : 6,495.

NO. OF INHABITED HOUSES, according to rate books.—2,433

RATEABLE VALUE.—£18,670

SUM REPRESENTED BY 1D. RATE.—£79 2s. 11d.

INDUSTRIES.—No new industries have been introduced into the district during 1938. The main occupation remains agriculture, and during the year there has been a great shortage of agricultural labour.

There was the usual seasonal influx of visitors to the villages on the coast in the division. Their coming, once again, demonstrated the hopelessly inadequate supply of water in the division. In spite of a wet summer, it was necessary to cut off the water supply at Borth for several hours each day during August. It is hoped that by August, 1939, the new water scheme for the division will be in working order.

Under Section 269 of the Public Health Act, 1936, seven licences were granted to occupiers of land in the division for use as

camping grounds. All licensed sites were periodically inspected during the summer season.

UNEMPLOYMENT.—There is still considerable unemployment in the division, and this in spite of the shortage of and demand for agricultural labourers.

The estimated population for 1937 was 6,604 ; for 1938 it is 6,495, indicative of the continued migration of people from agricultural districts. It is possible that the bad housing conditions which prevail in many villages in this division, coupled with the lack of amenities, help very greatly to maintain the drift of people to industrial centres where the present boom also helps to attract. There was also a fall in the birth rate during the year.

Extracts from Vital Statistics for the Year.

LIVE BIRTHS :

<i>Male</i> :	Legitimate		27	<i>Female</i> :	Legitimate		33
	Illegitimate		3		Illegitimate		1
	Total		64				

Birth Rate per 1,000 of the estimated population 9.85

There is a serious fall in this figure compared with that for 1937, which was 13.2. There were 87 live births in 1937 in comparison to 64 for 1938.

STILL BIRTHS :

<i>Male</i> :	Legitimate		3	<i>Female</i>		Nil.
	Illegitimate		0			
Rate per 1,000 of	estimated	population				0.46.

DEATH RATE OF INFANTS UNDER ONE YEAR OF AGE.

<i>Male</i> :	Legitimate		1	<i>Female</i> :	Legitimate		3
	Illegitimate		0		Illegitimate		0
	Total Deaths		4				

Death Rate per 1,000 live births 62.5.

This rate for England and Wales is 53, and for London it is 57.

In three cases death was due to Premature Birth.

There was not a single death amongst infants under two years of age from Diarrhoea.

Among the Zymotic diseases there was one death from Scarlet Fever and one from Influenza. There were no deaths from Measles, Typhoid Fever, Diphtheria.

There was no death from Puerperal Sepsis or other puerperal disease during the year.

CHIEF CAUSES OF DEATH :—

	<i>Male.</i>	<i>Female.</i>	<i>Total.</i>
Heart Disease	9	18	27
Acute and Chronic Nephritis (Kidney Disease)	6	10	16
Pulmonary Tuberculosis	3	1	4
Cancer (Malignant Disease)	5	6	11
Circulatory Disease	8	0	8
Cerebral Haemorrhage	1	4	5
Bronchitis	1	3	4
Pneumonia	3	1	4
Senility	2	3	5
Diabetes	2	0	2
Appendicitis	1	0	1
Peptic Ulcer	0	1	1
Violence, other than suicide	1	1	2

The foregoing table shews an appreciable fall in the number of deaths from Pulmonary Tuberculosis. 1937 shewed that there were eight deaths from Pulmonary Tuberculosis.

There was also a fall in the number of deaths from Cancer during the year, as compared with the 15 that occurred in 1937.

Heart disease still claims first place, and this year there was a big increase in the incidence of Kidney diseases.

General Provision of Health Services for the Area.

Medical Officer of Health (part-time): Dr. T. J. JONES, Borth.

Sanitary Inspectors (whole-time): Mr. JAMES HUGHES.

Mr. D. G. BOWEN.

Meat Inspector (part-time): Mr. A. PARRY, M.R.C.V.S.

Laboratory Facilities.

Dr. Ernest Jones continues to undertake the bulk of the bacteriological examinations. The sputum of Tuberculous patients

is examined at the laboratories of the Welsh National Memorial Association. Specimens for examination have also been sent to the Beck Laboratories, Swansea.

Ambulance Facilities.

There is no change effected during 1938.

Nursing.

The division is still served by four nurses, three of whom are provided with cars. All nurses attend medical, surgical and mid-wifery cases, but are not allowed to attend cases of infectious diseases. All nurses gave general satisfaction in the discharge of their duties.

The area served by the Bow Street, Penygarn and Rhydy-pennau nurse is extremely scattered and widespread. So much so that at times it becomes almost unmanageable. The nurse has to visit cases when they occur in Dolybont, Llandre, Penygarn, Bow Street, Penrhyncoch, Cwmerfyn, Cwmsymlog, Salem, Banc-y-darren, Bontgoch and Clarach. It would be advantageous if some of the outlying districts of this area could be absorbed into neighbouring areas served by other nurses in the division.

Clinics and Welfare Centres.

A child welfare and maternity clinic is held once a fortnight at the old Schoolroom, Taliesin, when infants and mothers attend from Talybont, Taliesin, Tre'rddol and Glandyfi. Medical advice is given for the feeding and attention of pre-school age infants and free milk is supplied through the County Council, where extra nourishment is required.

Tuberculosis Clinic.

Every Monday afternoon a clinic is held at the Cardiganshire General Hospital, Aberystwyth, for cases of Tuberculosis and suspected cases also attend to be watched and treated. This Clinic is under the direction of Dr. J. Kenyon Davies, the County T.B. Officer, and his assistant, Dr. Morris.

All cases of Tuberculosis from the division attend this Clinic, and where the case is too ill to attend the Clinic, the T.B. Officer visits the patient at his home at the request of the medical attendant.

During the year cases of tuberculosis suitable for Sanatorium treatment were admitted into Sanatoria in a comparatively short time—sometimes within ten days of being notified, and rarely after more than three weeks.

The homes of such patients have in each case been fumigated and disinfected.

However, one still finds an occasional case who refuses sanatorium treatment when offered it. Such cases are a menace to other members of the household, especially when there are young children in the family, and these cases usually are the least careful of spreading the disease. Patients who have been in Sanatoria are educated to destroy their expectoration, whereas often the patients who refuse to enter the institutions are neglectful of the sputum they produce and therefore the risk of infecting others becomes very great.

A Clinic has been started under the auspices of the County Council for orthopaedic cases. Dr. Rocyn Jones attends from the Prince of Wales' Hospital, Cardiff, at the Aberystwyth Hospital from time to time to give advice and treat such cases.

There are no clinics for Venereal Diseases, and these cases are treated at Swansea Hospital.

Hospitals.

There are no hospitals in the division—surgical and some medical cases are treated at the Aberystwyth Hospital, which is now being enlarged.

Cases of infectious disease are either treated at home or are removed to the Isolation Hospital at Aberystwyth.

The County Maternity Home at Aberystwyth still continues to do excellent work and its popularity is increasing. An increasing number of cases enters the Home yearly from this division, and but for its existence the incidence of puerperal disease and maternal mortality in the division would not be in its present happy position.

SANITARY CIRCUMSTANCES OF THE DIVISION.

1. **Water.**

Progress with the Council's new water scheme for the greater part of the division has been somewhat disappointing. It was hoped that the scheme would have been completed by the end of this year, but although much work has been done, much still remains to be done.

It is much regretted that the scheme was not extended to

supply the villages of Taliesin and Tre'rddol. At times the water supply to these villages runs very low, and becomes unfit for domestic use.

Improvements were carried out on existing supplies of water at Furnace, Glandyfi. A new storage tank and pipes were laid down in the village.

The village of Llanbadarn Fawr now draws its water supply from that of Aberystwyth Town Council.

The water supply at Goginan, and especially at Dollwen, Goginan, is now the responsibility of the Aberystwyth Town Council, but the present supply is very unsatisfactory and the inhabitants are forced to use this inadequate and unsatisfactory supply. It is to be hoped that a change for the better will soon be effected.

The adequate supply of water to Talybont will be very welcome. Sites for street taps have been fixed, and it is hoped that many houses in the village will be connected to the main supply.

The following villages and hamlets are still in need of an adequate and satisfactory supply :—Capel Dewi, Penllwyn, Capel Bangor, Goginan, Goitre, Salem, Penrhiw, and parts of Furnace, and Penrhyncoch. Of these steps are urgently needed in Salem and Penrhiw, where the present supply can be only described as disgraceful.

2. Drainage and Sewerage.

The conditions are still the same as in 1937, and the disposal of sewage in Talybont, Llanbadarn Fawr, Llangawsai, Upper Borth and Ynyslas requires the urgent attention of the Council. The present conditions in the division are very unsatisfactory and dangerous.

The Northern Division is extremely fortunate that there will be an adequate water supply from Craig-y-Pistyll to enable the Council to provide a satisfactory water sewerage system for the area. This will be a necessary corollary to the new water scheme for the division. The large expenditure on this scheme is unjustifiable unless the Council means to proceed at an early date with a sewerage scheme.

3. Rivers and Streams.

In many villages, largely owing to the fact there is no method for collecting refuse, householders throw some refuse into streams.

Particularly is this so in Talybont, where in the summer months scores of tins and empty jars can be seen in the shallow waters of the Ceulan river.

4. **Public Cleansing.**

Household refuse is collected on three days each week during the summer months at Borth and Ynyslas, and twice weekly during winter. Refuse is also collected and properly disposed of at Llan Iŵr, Penygarn, Bow Street and Llanbadarn Fawr

I beg to draw the attention of the Council, and to urge that speedy action be taken to provide for the regular collection and proper disposal of refuse in the village of Talybont. At present there is a dumping ground at the back of New Street used by the villagers. This is a serious menace to the health of the village, and is a potential ground for breeding infectious and serious diseases. During the summer months millions of flies and other insects live and breed on this dump and can carry to the villagers any number of germs. Furthermore, pungent and obnoxious smells come from this neighbourhood. Some efficient step is urgently desirable to do away with this veritable cesspool of infection.

At Llanbadarn Fawr the refuse collectors failed to cover the dump satisfactorily and the Sanitary Inspectors had to take action to remedy the omission. Here, too, many villagers dumped the contents of their privies at the entrance to the refuse dump, causing a serious nuisance. Rapid and firm action quickly put an end to the practice.

There is no method of collecting the contents of privies or for emptying and cleaning cesspools.

The contents are usually emptied and buried at night. This problem cannot be solved save by the provision of an adequate water sewerage scheme.

5. **Closet and Ashpit Accommodation.**

No. of approved water closets		628
No. of midden and bucket privies		1758
No. of closets over streams		12
No. of closets in common between 2 houses		10
No. of houses without any kind of closet.....		9

There is an increase in the number of water closets since 1937, and there is a corresponding decrease in the number of midden privies. Unfortunately, the number of closets over streams has

risen during the year from seven to twelve.

6. **Bye-laws.**

The following Bye-laws are in force :—

1. Building Bye-laws.
2. Slaughter Houses.
3. Common Lodging-houses.
4. Schemes for regulation and management of Doldau, Craig-y-Penrhyn and Braichgarw Commons.

7. **Sanitary Inspection of Area.**

Total number of inspections undertaken	276
Notices issued	15

Synopsis of Reports presented by Sanitary Inspectors.

WATER SUPPLIES.

Number of samples taken	8
Number polluted	7
Number of sources remedied	3
Number of sources closed	1

Improvements to existing supplies were carried out at Furnace, Glandyfi. At Craigyphenrhyn the waste water drain had to be opened at several places to relieve a blockage. Blockages had to be relieved in the main drain carrying water from Brynbala to the Borth Reservoir. It was necessary to repair the fence around the reservoir at Brynrodyn, Borth, to stop the trespass of animals. The drain running from Gwastad Fields had to be cut off from running into the reservoir to avoid contamination. The valve on the main pipe conveying water to Borth village had to be raised to the road surface. New water pipes were laid over a portion of the road over the cliff at Borth. At Llanbadarn, gipsy encampments had caused some trouble and a fence had to be erected on Doldau Common to prevent their access to the common.

Goginan, and especially Dollwen, Goginan, is in urgent need for a clean and adequate water supply.

Salem and Penrhiw villages are also urgently in need of an adequate supply of water for domestic purposes. Several unsuccessful efforts have been made to locate a suitable new spring.

DRAINAGE.

The public cesspool at the back of the Terrace was provided

with a new cover to replace the badly damaged old one, and a new ventilation pipe was also provided.

The cesspools on the cliff at Borth were constantly inspected, as they give rise to many complaints, and some nuisance.

DAIRIES AND COWSHEDS.

There are 95 dairymen registered as retail purveyors of milk. There are 26 Wholesale Traders registered, and 113 producers, who manufacture milk produced by them into butter for sale. Nine are producers of accredited milk and two are producers of Tuberculin Tested Milk.

Twelve notices were served on cowkeepers to improve their premises. Five have already been complied with.

Samples of accredited milk are examined every three months and of Tuberculin tested milk every month. All have been found satisfactory.

CAMPING SITES.

Seven licences under Section 269 of the Public Health Act, 1936, were granted to occupiers of land used as camping grounds. All licensed sites were periodically inspected during the summer months.

SMOKE ABATEMENT.

No measures called for.

SHOPS AND OFFICES.

No action was taken under the provisions of the Shops Act, 1934, relating to ventilation and temperature and sanitary conveniences.

SWIMMING POOLS AND BATHS.

None in division.

ERADICATION OF BED-BUGS.

No infested house known in division.

HOUSING.

In the division there are numbers of houses quite unfit for human habitation, yet they are occupied by families—in many cases with young children. The lack of alternative fit houses contributes very largely to the ever-decreasing population of the division.

In some villages, houses with leaking roofs, broken floors and dilapidated doors are occupied—one house I visited had no door at all, and the roof over one half of the house had completely disappeared. yet in this ruin there lived alone an old man. Children constantly ran in and out of the house and built mud castles on the floor. The whole place was a reflection on the good name of the district. Fortunately, the old occupant was moved to healthier and cleaner surroundings. It is realised that this is an extreme case, but there are dozens of cottages in the division which would quickly reach the disgraceful state of this one but for the brave efforts of some of their occupants to stop up holes that periodically occur in the roofs.

The dampness of many of the cottages exposes the occupants to much ill-health and the incidence of rheumatism in the division is high.

The scarcity of habitable houses contributes very largely to the migration of the younger men and women to urban districts where the every day amenities of life exist, and so the problem of finding sufficient workers for the land becomes more and more serious each year.

The villages which have large numbers of uninhabitable houses are Llanbadarn Fawr, Goginan, Taliesin, Tre'rddol, Bow Street and Penrhyncoch.

The absence of a water carrying sewerage system in these villages and all through the division, coupled with the bad housing conditions would make an outbreak of an infectious disease—such as typhoid fever—a very serious and menacing thing for all the inhabitants of the division. It would be most difficult to control and check such an outbreak.

It is hoped that the Council will see its way clear to continue the good work it has started to clear away some of the worse areas, e.g., in Llanbadarn Fawr and Goginan, and to build sound, healthy houses in all parts of the division.

The position at present is serious and calls for urgent and full consideration.

This is a synopsis of the Inspections carried out during 1938.

INSPECTION OF DWELLING HOUSES DURING THE YEAR.

- (1) (a) Total number of dwellinghouses inspected

	for housing defects (under P.H.A. or Housing Act)	82
	(b) Number of inspections made for the purpose	88
(2)	(a) Number of dwellinghouses (included under sub-head 1 above) which were inspected and recorded under the Housing Consolidated Regulations, 1925	63
	(b) Number of inspections made for the purpose	72
(3)	Number of dwellinghouses found to be in a state so dangerous or injurious to health as to be unfit for human habitation	37
(4)	Number of dwellinghouses (exclusive of those referred to under the preceding sub-head) found not to be in all respects reasonably fit for human habitation	24

REMEDY OF DEFECTS DURING THE YEAR WITHOUT SERVICE OF FORMAL NOTICES.

Number of defective dwellinghouses rendered fit in consequence of informal action by the Local Authority or their officers	1
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ACTION UNDER STATUTORY POWERS DURING THE YEAR.

(a)	Proceedings under Sections 9, 10 and 16 of the Housing Act, 1936 :—	
	(1) Number of dwellinghouses in respect of which notices were served requiring repairs	0
	(2) Number of dwellinghouses which were rendered fit after service of formal notices—	
	(a) By owners	0
	(b) By Local Authority in default of owners	0
(b)	Proceedings under Public Health Act :	
	(1) Number of dwellinghouses in respect of which notices were served requiring defects to be remedied	1
	(2) Number of dwellinghouses in which defects were remedied after service of formal notices	
	(a) By Owners	0
	(b) By Local Authority in default of owners	0
(c)	Proceedings under Sections 11 and 13 of the Housing Act, 1936 :—	
	(1) Number of dwellinghouses in respect of which Demolition Orders were made	18
	(2) Number of dwellinghouses demolished in pursuance of Demolition Orders	0

(d) Proceedings under Section 12 of the Housing Act, 1936 :

(1) Number of separate tenements or underground rooms in respect of which Closing Orders were made	0
(2) Number of separate tenements or underground rooms in respect of which Closing Orders were determined, the tenement or room having been rendered fit	0

HOUSING ACT, 1936, PART IV. OVERCROWDING.

(a) (1) Number of dwellinghouses overcrowded at the end of the year	40
(2) Number of families dwelling therein	40
(3) Number of persons dwelling therein	200
(b) Number of new cases of overcrowding reported during the year.	0
(c) (1) Number of cases of overcrowding relieved during the year	1
(2) Number of persons concerned in such cases	6

INSPECTION AND SUPERVISION OF FOOD.

(a) Milk Supply.

There are 95 dairymen registered as Retail Purveyors of Milk. There are 26 Wholesale Traders registered and 113 producers who manufacture butter for sale.

There are nine Accredited Milk producers and two of Tuberculin Tested Milk.

Samples of the Accredited Milk are collected for examination every three months and of Tuberculin Tested milk every month. All were satisfactory.

Five out of twelve cowkeepers served with notices to improve their premises have complied with the notices.

(b) Meat and Other Foods.

There are 15 licensed slaughterhouses in the division. They have been visited regularly and found to be kept very clean. There are four bakehouses and five retailing bread vans, all of which are kept satisfactorily. There are no offensive trades or common lodging houses in the district.

Meat Inspector's Report for the year ending December, 1938.

The slaughterhouses were regularly visited and on all occasions they were satisfactorily kept and called for no reprimanding.

As regards the nature and quality of the meat, lamb being by far the greatest percentage of meat was of excellent quality. The amount of beef actually slaughtered was very small in comparison to lamb, though the quality was equally good.

A few pigs were killed for pork chiefly, this quantity also was a low percentage, yet the quality maintained that of lamb and beef.

Nothing further I could add as to the carrying out of the duties of Meat Inspector to the Aberystwyth Rural District Council.

I remain,

Your obedient Servant,
A. PARRY, M.R.C.V.S.

(c) Adulteration.

No action was taken under the Food and Drugs (Adulteration) Act, 1928. The Artificial Cream Act, 1929, The Public Health (Condensed Milk) Regulations, 1923 and 1927, The Public Health (Dried Milk Act), 1923 and 1927, and The Public Health (Preservatives in Food) Regulations, 1925 and 1927.

(d) Chemical and Bacteriological Examination of Food.

All the examinations are carried out at the Laboratories of the University College of Wales, Aberystwyth.

(e) Nutrition.

The County Medical Officer of Health delivers lectures in various schools in the division on topics relating to general health and food.

(f) Shell-fish (Molluscan).

There are no known shell-fish beds or layings in the division.

PREVALENCE OF, AND CONTROL OVER, INFECTIOUS AND OTHER DISEASES.

There were 36 cases of notifiable diseases other than Tuberculosis during the year. This is 24 more than in 1937.

There were 23 cases of Scarlet Fever. Six cases were reported from Cwmystwyth in January: all were nursed at home in isolated conditions and all recovered. One case occurred in a member of

the Royal Air Force on leave in Borth. He was isolated and nursed at home. In July, two cases occurred in Bow Street and both were admitted to the Isolation Hospital, Aberystwyth, where one, a boy aged $5\frac{1}{2}$ years, succumbed. Four cases occurred in visitors to Borth during August. All four were admitted to the Isolation Hospital, Aberystwyth, and all recovered. There were four cases in Llanbadarn, two in Trefeurig, and three in Talybont.

Diphtheria: Three cases. All were admitted to the Isolation Hospital, Aberystwyth, and all recovered. All contacts were immunised and the houses disinfected.

Pneumonia: Five cases were reported, four recovered, one died.

Erysipelas: Four cases were reported and all recovered.

Ophthalmic Neonatorum: One case was reported from Cwmsymlog.

During the year, 13 cases were admitted to the Isolation Hospital at Aberystwyth, and Dr. Ernest Jones and Dr. Abraham Thomas must be thanked for accommodating these cases at the Hospital. It will be greatly appreciated when arrangements can be made with other authorities in the County to admit all cases to an Isolation Hospital.

Great difficulty was experienced in making the visitors to the division realise that the cost of treatment and maintenance of the cases of infectious diseases admitted to the Isolation Hospital, Aberystwyth, must be borne by the parent or guardian of the patient, or by the patient himself. In one case much unpleasantness resulted.

The examination of all throat swabs was carried out by Dr Ernest Jones, C.M.O.H.

Disease.	Total Cases notified.	Cases admitted to Hospital	Total deaths.
Smallpox	0	0	
Scarlet Fever	23	10	1
Diphtheria	3	3	
Enteric Fever	0	0	
Purperal Pyrexia	0	0	
Pneumonia	5	0	
Erysipelas	4	0	
Ophthalmia Neonatorum	1	0	

There are no facilities for cleansing and disinfecting verminous persons and their belongings in the division.

Prevention of Blindness.

Cases from the division are cared for by the Association for Care and Prevention of the Blind in Cardiganshire.

A clinic for diseases of the eye is held every fortnight at the General Hospital, Aberystwyth, under the direction of Dr. Roy Thomas.

Tuberculosis.

Thirteen new cases of Tuberculosis were notified in the division in 1938. In 1937 there were 18 notified. This is the lowest number of cases notified for some years and it is an appreciable drop as compared with 25 notified in 1935.

There were four deaths from Tuberculosis, all of the pulmonary type.

However, the cases of Tuberculosis remaining on the register at the end of 1938 reaches the amazing total of 200.

The Government inquiry to be held in 1939 will undoubtedly lead to an intensified campaign against this scourge, and to the eradication of many of its contributory causes, but until the patients suffering from the disease realise the importance of Sanatorium treatment, with its discipline and management of every-day life, much of the good work in providing improved housing conditions, and better food, will be lost. Unfortunately, many patients think there is a lifelong stigma if they enter a Sanatorium, and the breaking down of this idea will remain for some time an important factor in the treatment of tuberculosis.

The following table gives information regarding the new cases of and the deaths from Tuberculosis during 1938 :—

Age Periods.	New Cases.				Deaths.			
	Respiratory.		Non- Respiratory.		Respiratory.		Non- Respiratory.	
	M.	F.	M.	F.	M.	F.	M.	F.
Years.								
5—15	1							
15—25	1	1		1		1		
25—35		1						
35—45	1							
45—55	2	1			1			
55—65	1		1		2			
65—75	2							
75 and over	0							
TOTALS	8	3	1	1	3	1		

As far as is known, there was no neglect or refusal to notify a case.

Inspection of Factories, Workshops and Bakeries.

There are 27 Factories, Workplaces and Bakeries in the division, made up as follows :—

Factories with power	..	..	14
Factories	..	..	8
Workplaces	..	..	1
Bakehouses	..	..	4

DEFECTS FOUND IN WORKSHOPS, FACTORIES AND WORKPLACES.

Nuisances under Public Health Act.	Found.	Remedied.	Referred to H.M. Inspector.	No. of Prosecutions.
Want of Cleanliness	5	5	0	0
Want of Ventilation	0	0	0	0
Overcrowding	0	0	0	0
Want of Floor Drainage	0	0	0	0
Want of sanitary accommodation	0	0	0	0
Uninsufficient	0	0	0	0
Offences under Factory Act	0	0	0	0
Illegal occupation of underground Bakehouses	0	0	0	0
Other offences	0	0	0	0
	5	5	0	0

THOMAS J. JONES.

ANNUAL REPORT
OF THE
MEDICAL OFFICER OF HEALTH
FOR THE
SOUTHERN DIVISION
OF THE
ABERYSTWYTH RURAL DISTRICT
FOR THE YEAR 1938

GENTLEMEN.

I beg to submit my report upon the vital statistics and sanitary condition of the district for the year 1938.

AREA OF DISTRICT—61,577 acres.

POPULATION—Census 1931, 4,623. Estimated population 1938, 4,220.

NUMBER OF INHABITED HOUSES—1,327.

RATEABLE VALUE—£7,505.

SUM REPRESENTED BY A PENNY RATE—£31 1s 4d.

INDUSTRY.—The main industry is agriculture.

UNEMPLOYMENT.—There has been considerable unemployment in the district of late years, because of the more extensive use of machinery for farm work and more acreage laid under grass.

There has been marked shrinkage in the population since 1931 amounting to about 9 per cent. The decrease must be attributed to lack of employment locally and the exodus of many people to populous industrial areas.

Extracts from Vital Statistics.

LIVE BIRTHS—*Legitimate*: Male 34; female, 25. Total 59.
Illegitimate: Male 3, female, 3; total, 6.

Birth-rate per 1,000 of total population 15.4

STILL-BIRTHS : *Legitimate* : Male 0, female, 1. Total 1. *Illegitimate*, Male, 0, female, 1, total 1. Rate per 1,000 of estimated population=0.7.

The birth-rate compares very favourably with that of 1937, being in the proportion of 15.4 to 10.5.

DEATHS : *Male* 33 ; *female*, 21. Total 54.

Rate per 1,000 of estimated population 12.8, against 17.8 and 17.6 for the years 1937 and 1936 respectively.

There was no death from Puerperal Sepsis or any other puerperal cause.

Deaths of infants under 1 year of age, 1.

All infants per 1,000 live births, 15.4.

Legitimate infants per 1,000 legitimate live births, 17.

Illegitimate infants per 1,000 illegitimate live births, 0.

Deaths from Measles 0

„ „ Whooping Cough .. 0

„ „ Diarrhoea 0

Classification of Deaths according to their Causes.

Acute and Chronic Nephritis	..	..	2
Senility	..	..	1
Cerebral Haemorrhage	..	..	4
Heart Disease	..	..	15
Other Circulatory Diseases	..	..	3
Bronchitis	..	..	3
Pneumonia (all forms)	..	..	3
Peptic Ulcer	..	..	1
Influenza	..	..	2
Tuberculosis of Respiratory System	..	..	5
Tuberculosis of other organs	..	..	2
Cancer	..	..	7
Other defined diseases	..	..	5
Locomotor Ataxia	..	..	1

The table shows that there was but little variation in the figures for the different diseases as compared with those for the year 1937 except in the case of heart disease and the circulatory system where the figures were 28 against 18 for the year 1938.

General Provision of Health Services for the Area.

Public Health Officers of the Authority.

1. *Medical*: Dr. J. A. REES, Aberystwyth (Part-time.)
2. *Sanitary Inspectors*—Mr. JAMES HUGHES and Mr. BOWEN (Whole-time).
- 3) *Meat Inspector*: Mr. A. PARRY, M.R.C.V.S., Aberystwyth (Part-time).

(a) There has been no change in the arrangements for the examination of clinical material (sputum, swabs, etc.), water, milk and food stuffs. Most of the chemical and bacteriological work is done at the laboratory of the Agricultural Department of the University College, Aberystwyth, by the dairy bacteriologist or the County Medical Officer of Health. Some specimens are also sent to the Clinical Research Association, London. Wassermann's tests are carried out at the Beck Laboratory, Swansea.

(b) Ambulance facilities are satisfactory for non-infectious and accident cases, but unfortunately there is no vehicle provided for the transport of infectious cases.

(c) *Nursing in the Home* is mainly dependent on the services of the nurses attached to the 5 Nursing Associations in the area. The nurses attend surgical, medical and midwifery cases, but they are not allowed to attend infectious cases.

(d) There are no clinics or treatment centres.

(e) **HOSPITALS.**—There is no hospital in the district, but within a convenient distance the Aberystwyth Infirmary is available where most of the serious cases are sent. The Institution has lately been enlarged and modernised, it is efficiently staffed and well-equipped.

The COUNTY MATERNITY HOME in Caradog Road, Aberystwyth, is proving a most serviceable institution for dealing with abnormal and difficult midwifery cases.

ISOLATION HOSPITAL.—There is none in the district, but lately some cases have been admitted to the Aberystwyth Isolation Hospital with gratifying results.

Sanitary Circumstances of the Area.

1. (i) *Water*.—As the area has many small hamlets within its borders, water supplies are derived from numerous sources, some of which are not free from impurities. On the whole, however, the district can be considered as being furnished with sufficient water of good quality. During the year many of the supplies had to be attended to owing to various defects chiefly the choking and breakage of pipes. The enumeration of the defects is given in the appended report of the Sanitary Inspectors :

Synopsis of Reports presented by Sanitary Inspectors.

Water Supply :

Minor repairs and improvements were carried out to the supplies of the following villages :—

Pentrellyn, Pentrebont, Llanilar, New Cross, Llanfihangel-y-Creuddyn, Penrhiw, Cwmystwyth, Cnwch Coch, Llanafan, Figure Four, and Trisant.

Attention was drawn to the urgency for a clean and wholesome supply of water to the following villages :—

Devil's Bridge, Rhydyfelin (Pt.), Pontlloflyn, Rhosygarth, Gamlin Cottages and Nantcrafangalch.

Suggested sources for a supply of water to the villages of Llanrhystyd to replace the Ffrwdfach Scheme were visited and inspected. All proved inadequate.

Trouble was experienced during the year in connection with the main supplying the Village of Blaenplwyf. It appears that the main has perished and will have to be replaced with a larger main. Schemes for supplies to the village of Bronwaun and Closygraig in the Parish of Llanfihangel Upper were submitted to the Council.

Drainage.

Improvements were carried out to the drainage of the following villages :—

Pentrebont, Capel Seion and Trisant.

Dairies and Cowsheds.

There are 34 registered Cowsheds and Dairies in the division. Of these 19 Dairymen are producing accredited milk and one producing Grade A. (T.T.) Milk. Samples are taken periodically. 88 samples were taken and analysed during the year. They proved satisfactory on the whole.

Many samples of water were examined during the year.

(ii) *Drainage and Sewerage.*—There is practically no system of drainage or sewerage. The houses provided with water-closets have usually cesspools, many of which, owing to inattention or poor construction are sources of nuisance.

2. *Rivers and Streams.*—The two chief rivers draining the district—the Ystwyth and the Rheidol—are now fairly free from lead salts, as apart from some washings, the mines have not been worked for many years. The streams passing through or near villages are in many instances much polluted by all kinds of refuse thrown in by the householders. To mitigate the evil warning boards have been fixed in some places, but with unsatisfactory results.

3 (i) There are about 110 water closets. The remainder of the houses are provided with either midden or pail privies numbering 700 and 500 respectively.

(ii) *Public Cleansing.*—There is no provision made. I have in previous reports drawn the attention of the Council to the urgent need of systematic collection of house refuse especially in the larger villages.

(iii) No action was necessary to be taken under the Provisions of the Shops Act 1934 relating to ventilation and temperature and Sanitary conveniences, etc., of Shops.

(iv) *Camping Grounds.*—Campers have been observed in isolated small groups in different parts. The number of sites occupied I cannot estimate nor can I estimate the number of campers resident in the area during the summer. No licences were issued in respect to camping sites by the local Authority.

(v) *Smoke Abatement.*—As the area is rural the smoke nuisance is non-existent.

(vi) There are no swimming baths and pools either public or privately owned in the district.

(vii) *Eradication of bed bugs.*—Unnecessary as none found or reported.

4. *Schools.*—The sanitary condition of most schools is satisfactory, though few schools lack drinking water on the premises. In most schools there are no means of drying children's clothes and boots in wet weather.

Housing.

Plans of five new dwelling-houses were received and approved. Alterations and additions to five, other houses were also approved. In previous reports I stated that many houses were in such a dilapidated condition that they could not be repaired at a reasonable cost. The Council contemplated erecting new houses in the worst areas including ten at Pentrebont—the latter would have been erected had not unforeseen difficulties arisen regarding water supply and the acquisition of land. I trust the difficulty will be soon surmounted as the need demands urgent attention.

Housing Statistics are Appended :—

1.	Inspection of dwelling houses during the year :	
1.	(a) Total number of dwelling-houses inspected for housing defects (under Public Health Acts)	24
	(b) Number of inspections made for the purpose	40
2.	(a) Number of dwelling houses—included under Sub-head (1) above) were inspected and recorded under the Housing Consolidated Regulations 1925	0
	(b) No. of inspections included under and made for the purpose	0
3.	Number of dwelling-houses found to be in a state so dangerous or injurious to health as to be unfit for human habitation	1
4.	No. of dwelling houses (exclusive of those referred to under preceeding sub-head) found not to be in all respects reasonably fit for human habitation	9
2.	Remedy of defects during the year without service of Formal Notices :—	
No.	of defective dwelling-houses rendered fit in consequence of informal action by the Local Authority or their Officers	4
3.	Action under statutory powers during the year :—	
(a)	Proceedings under Sec. 9, 10 and 16 of the Housing Act 1936 :	
(1)	Number of dwelling-houses in respect of which notices were served requiring repairs	0

Inspection and Supervision of Food.

(a) *Milk Supply*.—Until lately very little milk was exported from the district except to the town of Aberystwyth, but now milk is exported extensively, it is collected by large lorries and conveyed to distant factories.

There are at the present time 52 dairymen registered as purveyors of milk. There are 87 wholesale traders of milk registered and 183 producers who manufacture milk produced by them into butter for sale.

15 are producers of accredited milk and 1 is a producer of Tuberculin tested milk.

Two notices were served during the year on cowkeepers to improve their premises.

Great improvement is visible in the construction of cowsheds as compared with that existing a few years ago. Many have been reconditioned and made into hygienic labour cleaning sheds with cooling appliances. They were inspected regularly and samples of milk tested periodically.

(b) *Meat and Other Foods*.—There are 11 slaughter houses all of which were inspected periodically by the Meat and Sanitary Inspectors. For the meat inspector's report see Report of Medical Officer of Health for the Northern Division (page 15).

The few shops, vehicles and places where food is prepared were occasionally inspected and found satisfactory.

(c) *Adulteration*.—No action was taken under the Food and Drugs (Adulteration) Act, 1928, the Artificial Cream Act 1929, the Public Health (Condensed Milk) Regulations 1923 and 1927, and the Public Health (Preservatives in Food) Regulations 1925 and 1927.

(d) *Chemical and Bacteriological Examination of Food*.—All examinations are carried out at the laboratories of the Aberystwyth Col'lege.

(e) *Nutrition*.—Lectures are delivered by the County Medical Officer of Health on this and kindred topics in the schools. No special investigation on the subject has been made.

(f) *Shellfish*.—There are no shell-beds or layings in the district.

Prevalence and Control over Infectious and Other Diseases.

The number of cases of infectious diseases notified was 12. Scarlet fever, 10 ; Erysipelas 1 ; Puerperal pyrexia, 1.

The scarlet fever cases were confined to 3 areas, viz : Llanfihangel-y-Creuddyn, Crosswood and Bethel and the infection imported from Aberystwyth.

The puerperal pyrexia occurred in a young mother living in a house where other inmates were suffering from influenza. She made a good recovery.

The age groups of the notified cases were as follows :—

Infectious Diseases	Between 5-10	10-20	20-35	35-45	45-65
Scarlet fever	4	2	1	2	1
Erysipelas					1
Puerperal pyrexia			1		

All the cases were treated at home and there was no death. I am not aware that any children were artificially immuned against Diphtheria or Measles at schools or elsewhere. Influenza was fairly prevalent in the district during the spring months, but of a milder type than in previous years. There were however 2 deaths attributed to this cause. School intimations of diseases among pupils are I believe promptly acted upon.

(a) *Prevention of Blindness.*—No special action has been taken by the authority for the prevention of blindness or for treatment of persons suffering from disease or injury to the eyes.

(b) *Tuberculosis.*—No action was necessary under the Public Health (Prevention of Tuberculosis) Regulations 1925 or under Section 62 of the Public Health Act 1925 (relating to the compulsory removal to hospital of persons suffering from Tuberculosis).

9 Cases of Respiratory Tuberculosis were notified during the year. The following table shows the age incidence of new cases and deaths.

Age Periods.	New Cases.				Deaths.			
	Respiratory.		Non-Respiratory.		Respiratory.		Non-Respiratory.	
	M.	F.	M.	F.	M.	F.	M.	F.
15—	2	1	0	0	0	1	0	0
25—	1	2	0	0	3	0	1	1
35—	1	0	0	0	0	0	0	0
45—	0	0	0	0	0	0	0	0
55—	1	0	0	0	0	0	0	0
65 and upwards	1	0	0	0	1	0	0	0
Totals	6	3	0	0	4	1	1	1

About 3 per cent of Tuberculosis were un-notified. The omission was due to inadvertence and not to wilful disobedience to the Act, so no proceedings were deemed necessary.

Factories and Workshops.

An amended register of Factories, Workplaces and Bakehouses has been prepared with particulars as follows:—

Factories (with power)	10
Factories	7
Bakehouses	1

All of them were visited periodically by the Sanitary Inspectors. Few defects were found which were remedied as a result of verbal notices. Tables are appended.

FACTORIES, WORKSHOPS, AND WORKPLACES.

1.—INSPECTIONS for purposes of provisions as to health.

INCLUDING INSPECTIONS MADE BY SANITARY INSPECTORS.

Premises.		Number of			
		Inspections	Written Notices.	Occupiers prosecuted	
(1)		(2)	(3)	(4)	
FACTORIES					
with mechanical power	10	2	0	0	
FACTORIES					
without mechanical power	7	2	0	0	
OTHER PREMISES					
under the Act (including works of building and engineering construction but not including out-workers' premises)	1	2	0	0	
Total	18	6	0	0	

2.—DEFECTS FOUND.

Particulars.		Number of Defects.		Number of defects in respect of	
		Found.	Remedied	Referred to H.M. Inspector.	Prosecutions which were instituted.
(1)		(2)	(3)	(4)	(5)
Inadequate ventilation (S.4)	1	1			
Sanitary Conveniences (S.7)					
Insufficient	2	2			
Unsuitable or defective	4	2			
TOTAL	7	5		0	0

I am, Gentlemen,
Your obedient servant,
J. ARTHUR REES.

30/9/39





